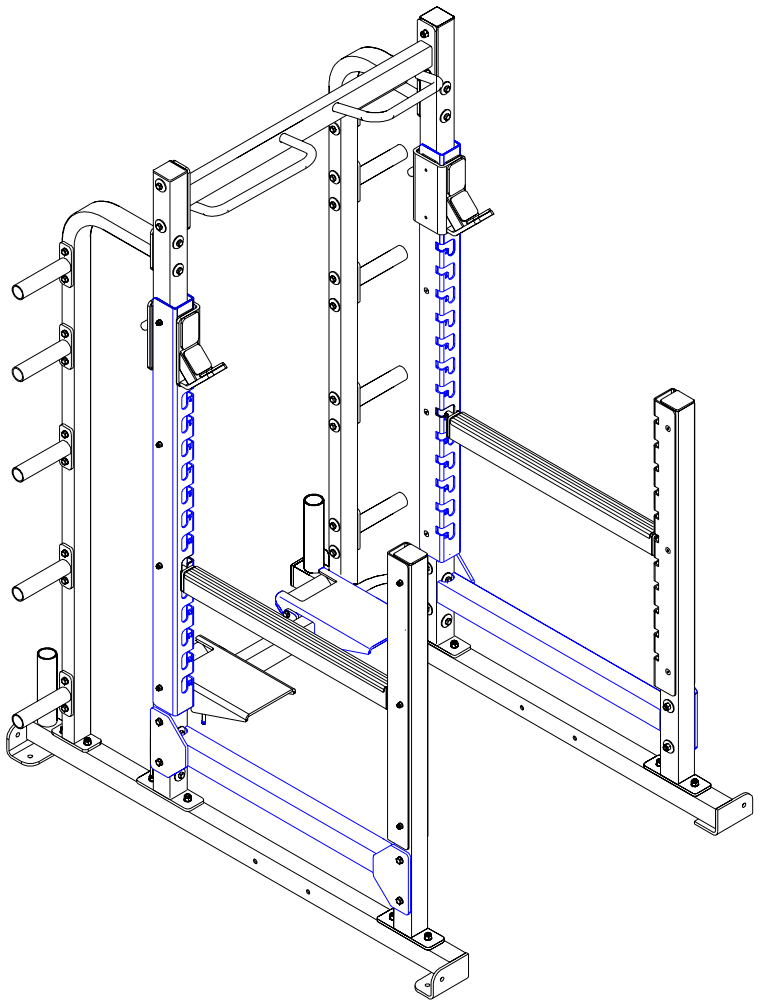
HAMMER STRENGTH®

OLYMPIC HEAVY DUTY MULTI RACK (OHDMR)



ASSEMBLY INSTRUCTIONS

PARTS LIST

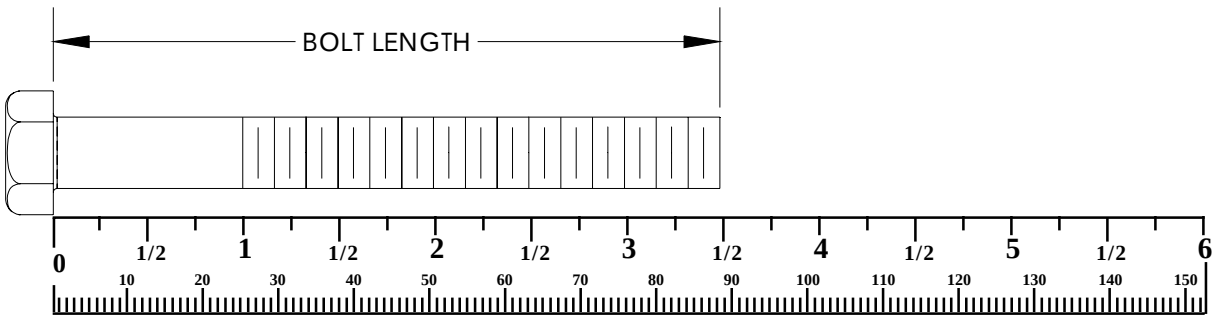
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA7586101	LEFT UPRIGHT BASE	1	15	LEA7596501	BOTTOM UPRIGHT SUPPORT	1
2	LEA7586501	RIGHT UPRIGHT BASE	1	16	LEA7663501	42-1/4" LEFT ADJ RACK	1
3	LEA7664501	FRONT UPRIGHT	2	17	LEA3239306	1/2 X 1-1/2" BOLT	4
4	LEA7584901	REAR UPRIGHT	2	18	LEA3245201	3/8 X 3-3/4" FLAT HEAD BOLT	14
5	LEA7663601	LOWER CROSS SUPPORT	2	19	LEA3102502	1/2" FLAT WASHER	4
6	LEA7586601	WEIGHT HORN UPRIGHT	2	20	LEA3237505	1/2" INT TOOTH LOCK WASHER	56
7	LEA7663401	42-1/4" RIGHT ADJ RACK	1	21	LEA3239503	3/8" INT TOOTH LOCK WASHER	14
8	LEA7663901	CHIN-UP SUPPORT	1	22	LEA7617301	1/2" PLASTIC DOME WASHER	52
9	LEA7584401	RIGHT ADJUSTMENT RACK	1	23	LEA3102801	1/2" LOCK NUT	56
10	LEA7584501	LEFT ADJUSTMENT RACK	1	24	LEA3102802	3/8" LOCK NUT	14
11	LEA7587501	WEIGHT HORN	10	25	LEA7601701	SWIVEL SPOTTER	2
12	LEA7587901	LEFT BAR SUPPORT	1	26	LEA3239317	1/2 X 4-1/4" BOLT	52
13	LEA7587801	RIGHT BAR SUPPORT	1	27	LEA3105303	9/16" HOLE CAP	14
14	LEA7589201	BAR CATCH	2				

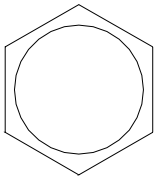
Tools Required for Assembly

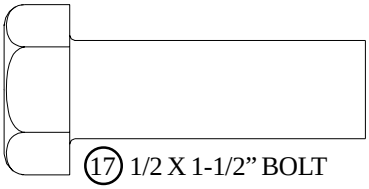
* 3/4", 9/16" wrench
* Ratchet with 3/4", 9/16" socket
* 7/32" Allen Wrench

Bolt Length Ruler

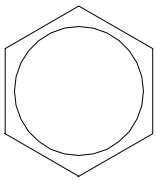
NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

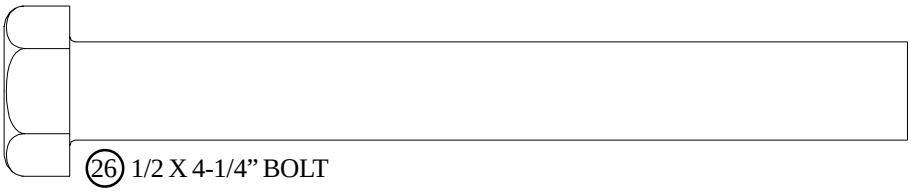




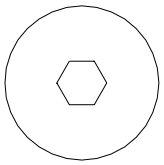


17 1/2 X 1-1/2" BOLT

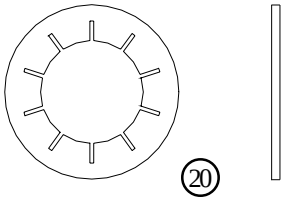




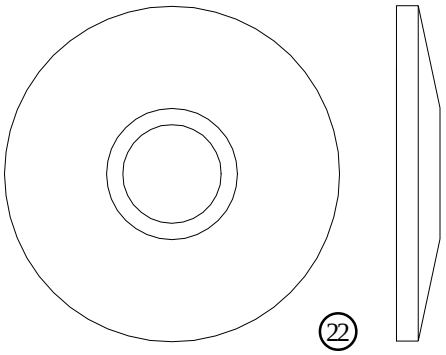
26 1/2 X 4-1/4" BOLT



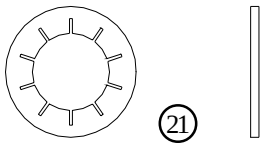
18 3/8 X 3-3/4" FLAT HEAD BOLT



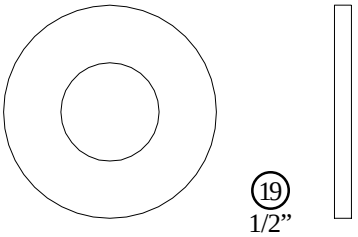
20
1/2" INT TOOTH
LOCK WASHER



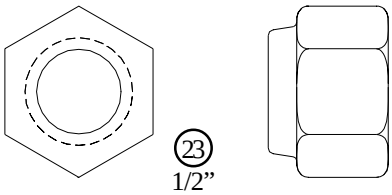
22
1/2" PLASTIC
DOME WASHER



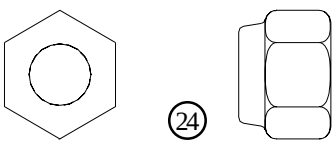
21
3/8" INT TOOTH
LOCK WASHER



19
1/2"
FLAT WASHER

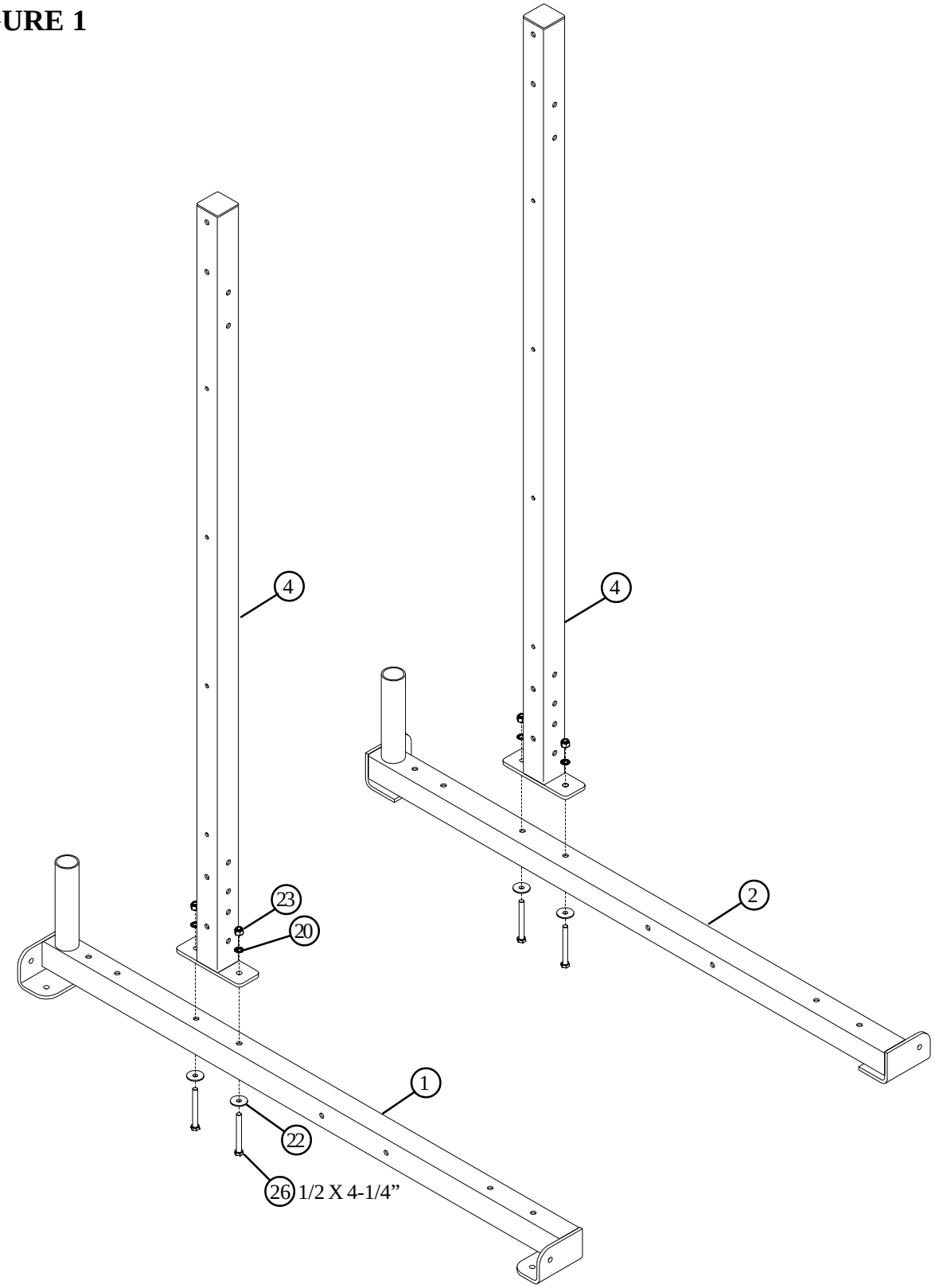


23
1/2"
LOCK NUT



24
3/8"
LOCK NUT

FIGURE 1



STEP 1:

- **LOOSELY** assemble the REAR UPRIGHT (4) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 1.

- **LOOSELY** assemble the REAR UPRIGHT (4) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 1.

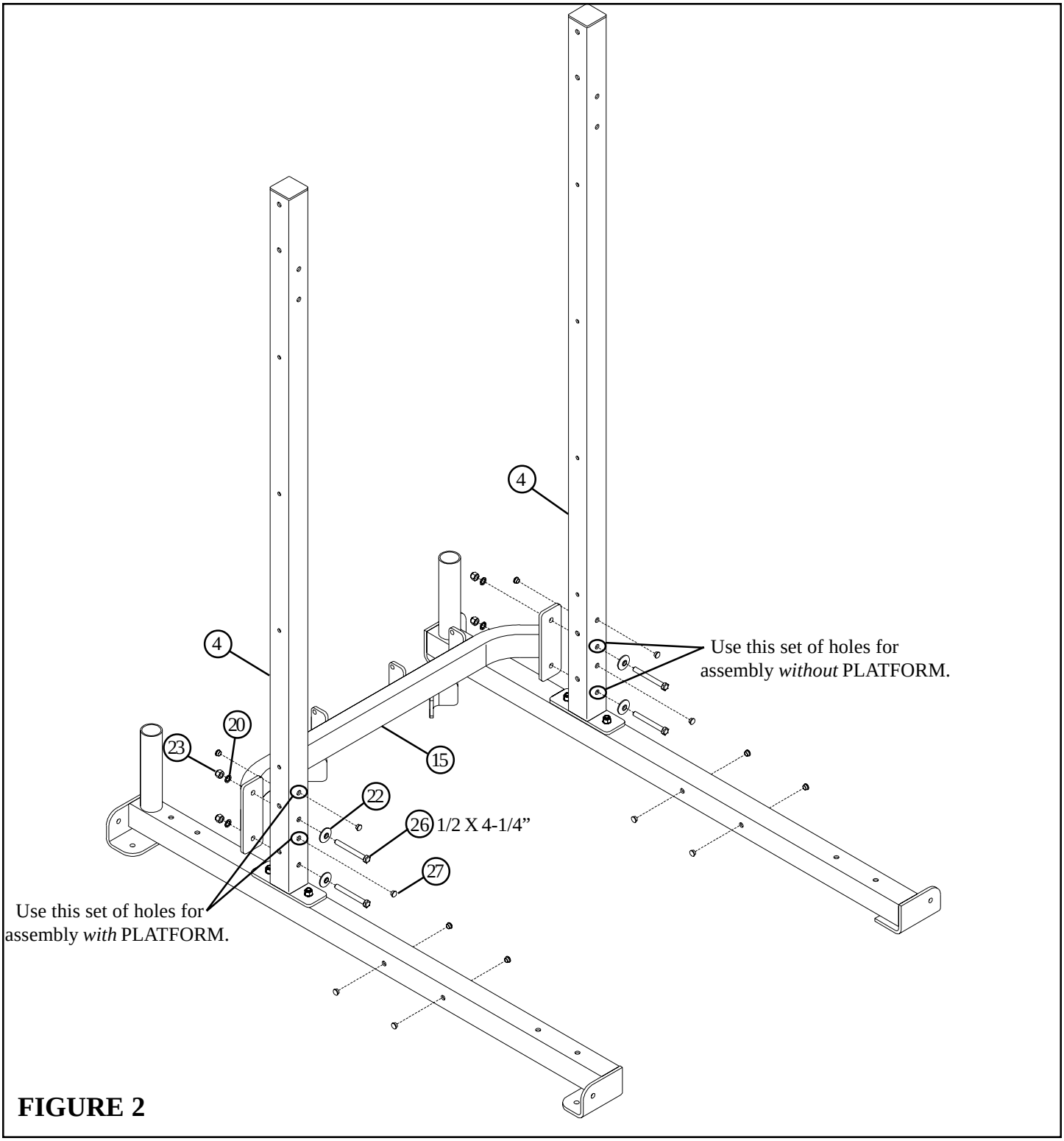
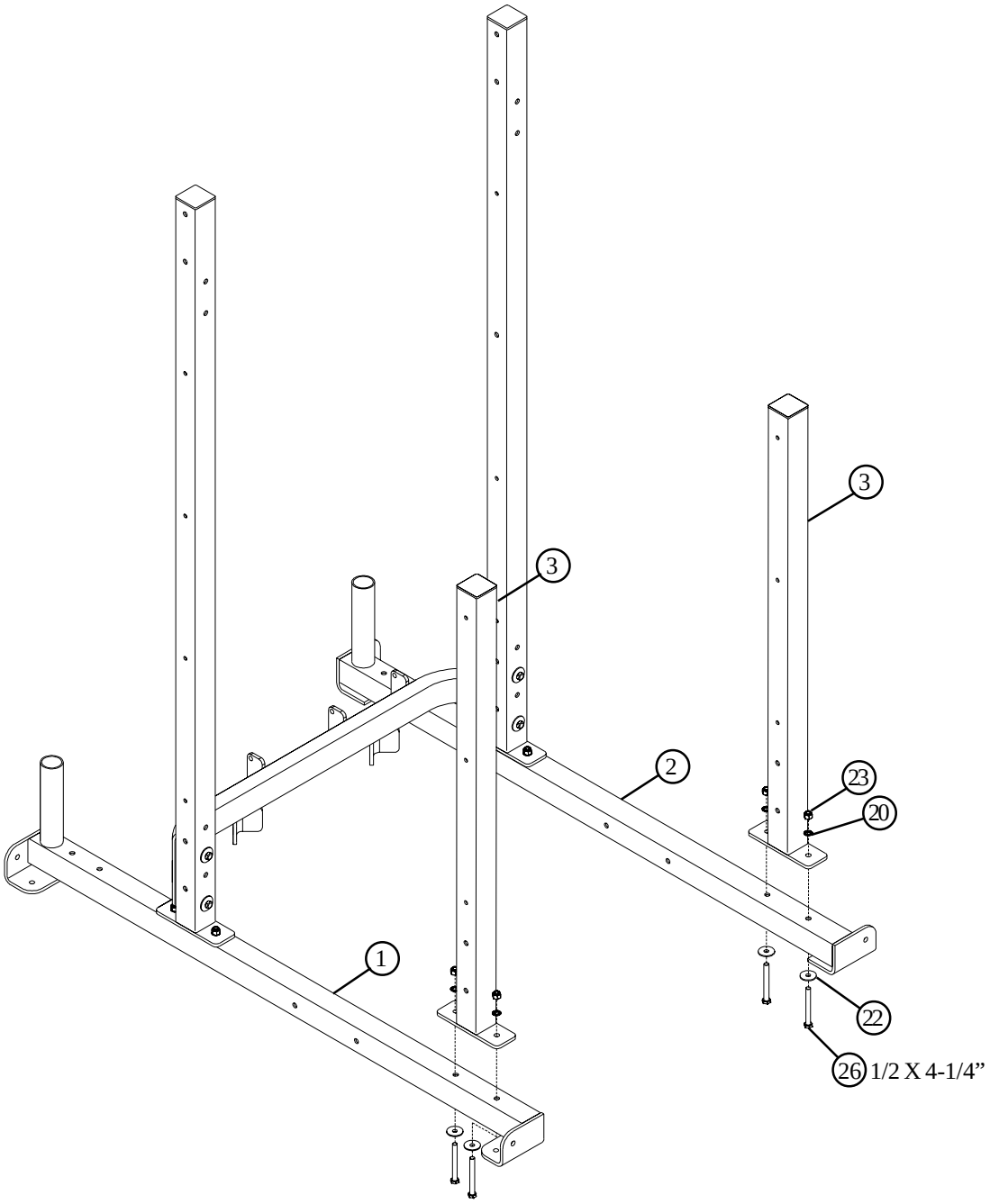


FIGURE 2

STEP 2:

- **LOOSELY** assemble the BOTTOM UPRIGHT SUPPORT (15) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4” BOLTS (26), four 1/2” PLASITC DOME WASHERS (22), four 1/2” INT TOOTH LOCK WASHERS (20) and four1/2” LOCK NUTS (23) as shown in FIGURE 2.
- Insert fourteen 9/16” HOLE CAPS (27) into the holes of the REAR UPRIGHTS (4) and the LEFT and RIGHT UPRIGHT BASE (1 & 2) as shown in FIGURE 2.

FIGURE 3

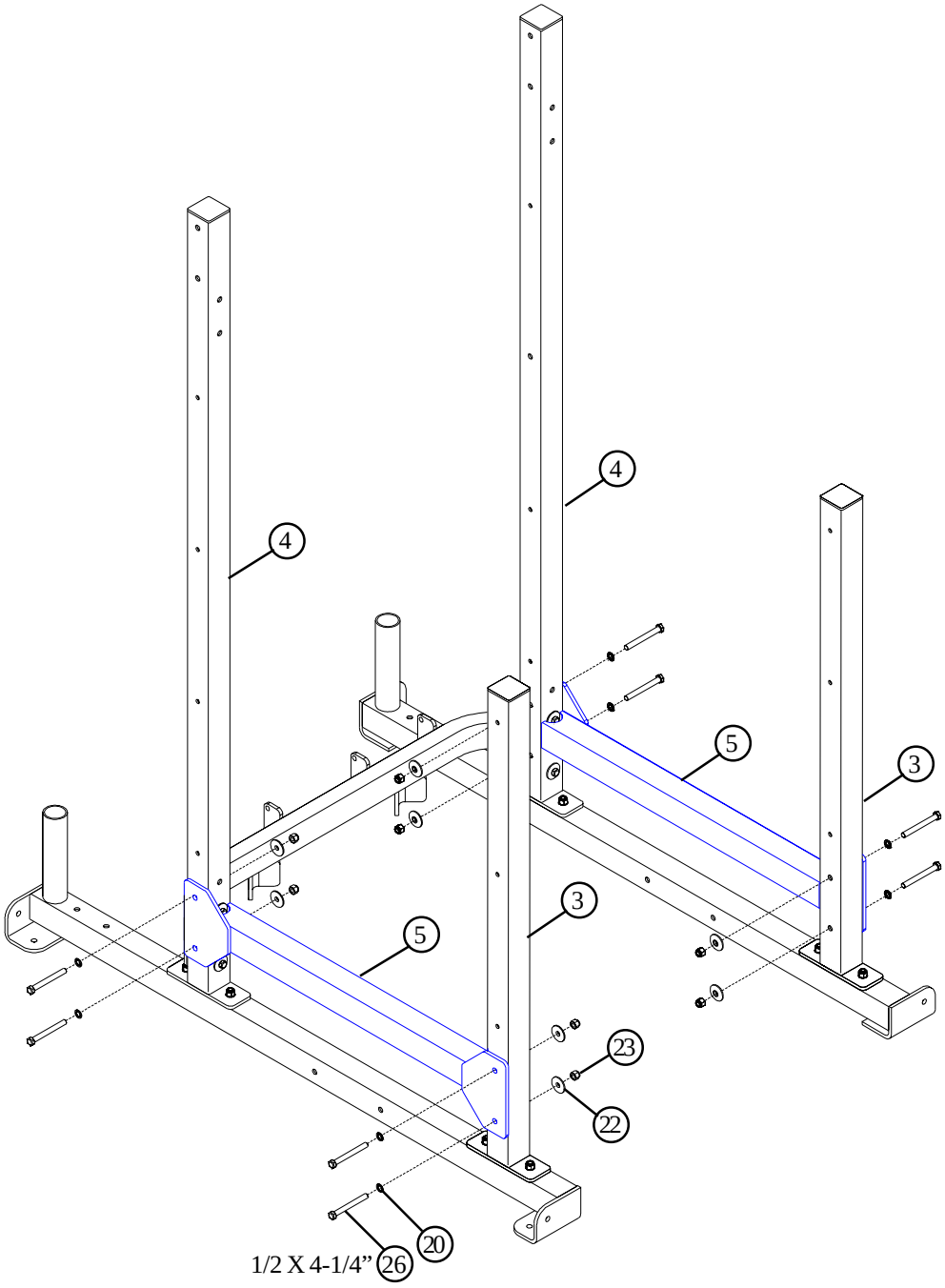


STEP 3:

- **LOOSELY** assemble the FRONT UPRIGHT (3) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 3.

- **LOOSELY** assemble the FRONT UPRIGHT (3) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4” BOLTS (26), two 1/2” PLASITC DOME WASHERS (22), two 1/2” INT TOOTH LOCK WASHERS (20) and two 1/2” LOCK NUTS (23) as shown in FIGURE 3.

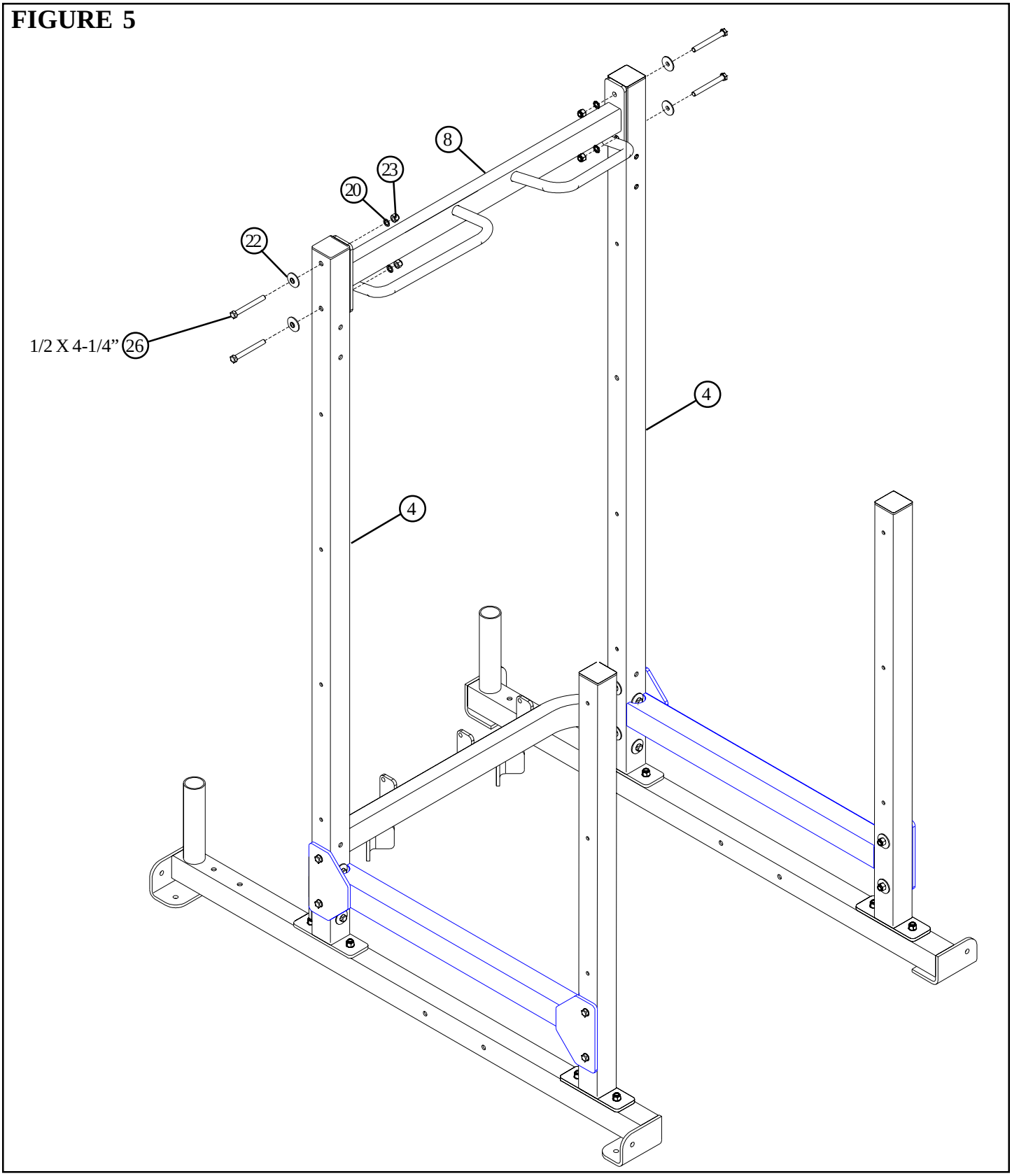
FIGURE 4



STEP 4:

- **LOOSELY** assemble two LOWER CROSS SUPPORTS (5) to the FRONT UPRIGHTS (3) and the REAR UPRIGHTS (4) using eight 1/2 X 4-1/4" BOLTS (26), eight 1/2" INT TOOTH LOCK WASHERS (20), eight 1/2" PLASITC DOME WASHERS (22) and eight1/2" LOCK NUTS (23) as shown in FIGURE 4.

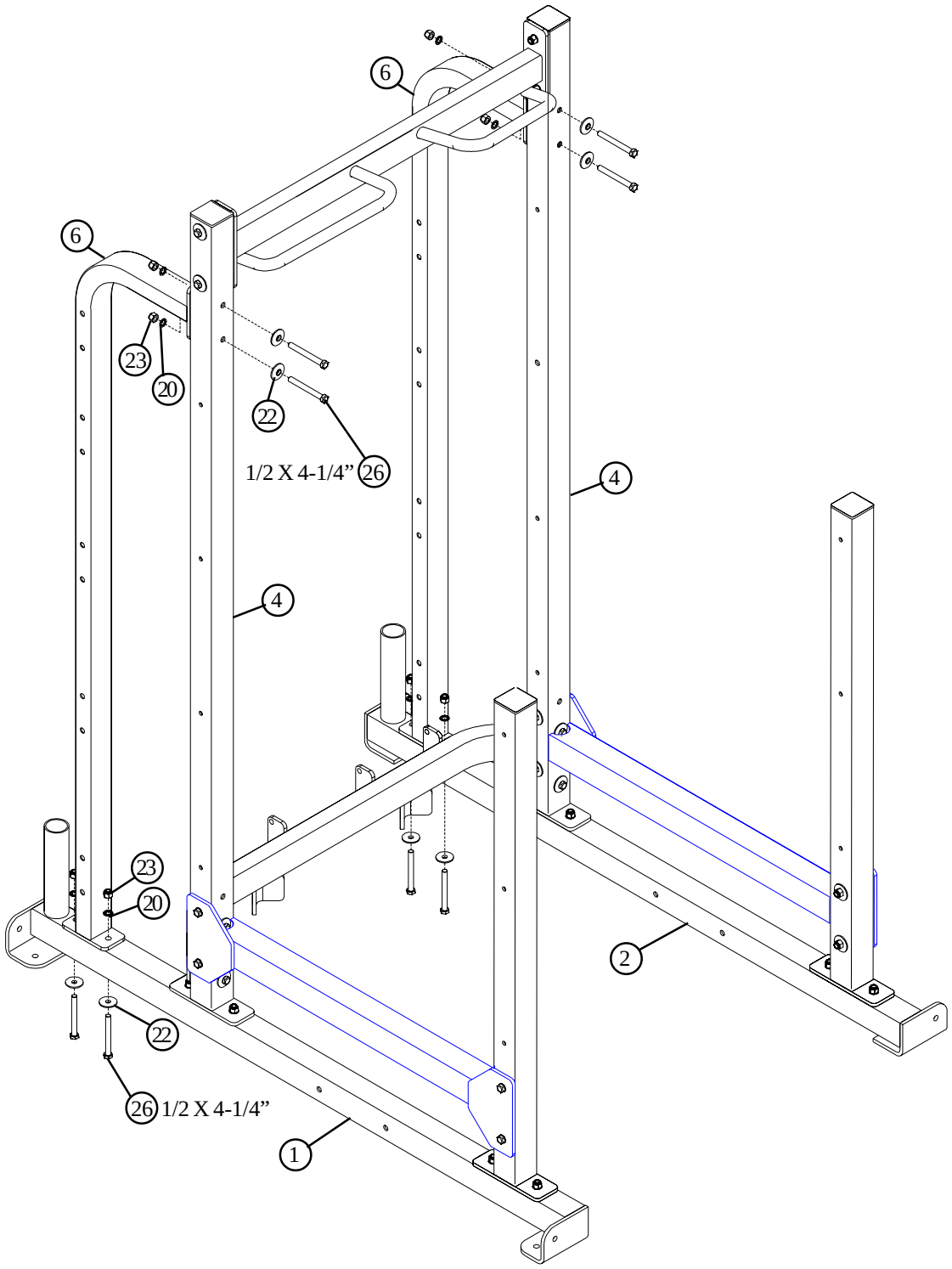
FIGURE 5



STEP 5:

- **LOOSELY** assemble the CHIN-UP SUPPORT (8) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (26), four 1/2" PLASTIC DOME WASHERS (22), four 1/2" INT TOOTH LOCK WASHERS (20) and four 1/2" LOCK NUTS (23) as shown in FIGURE 5.

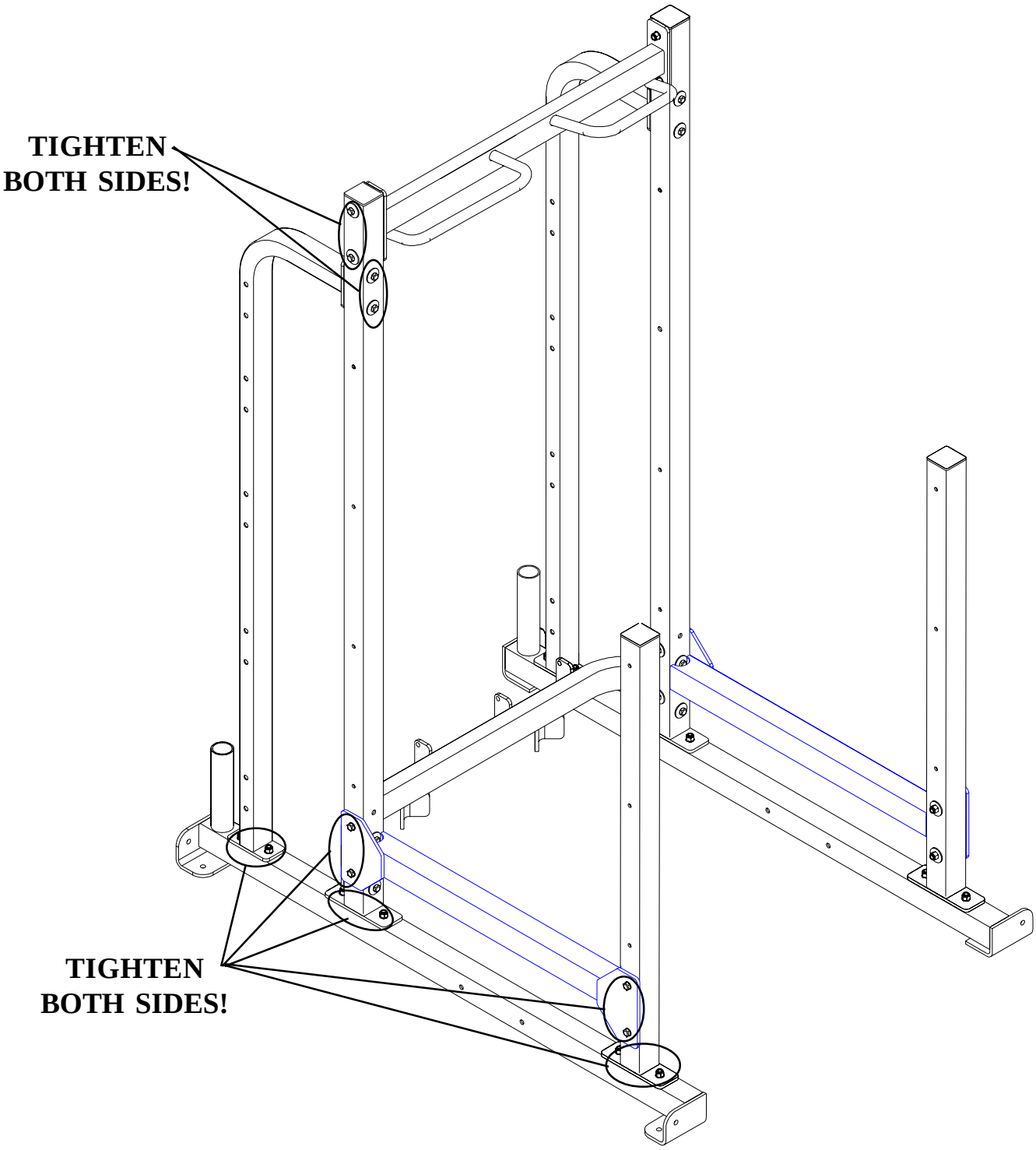
FIGURE 6



STEP 6:

- **LOOSELY** assemble the WEIGHT HORN UPRIGHTS (6) to the LEFT & RIGHT UPRIGHT BASE (1 & 2) and REAR UPRIGHTS (4) using eight 1/2 X 4-1/4" BOLTS (26), eight 1/2" PLASTIC DOME WASHERS (22), eight 1/2" INT TOOTH LOCK WASHERS (20) and eight 1/2" LOCK NUTS (23) as shown in FIGURE 6.

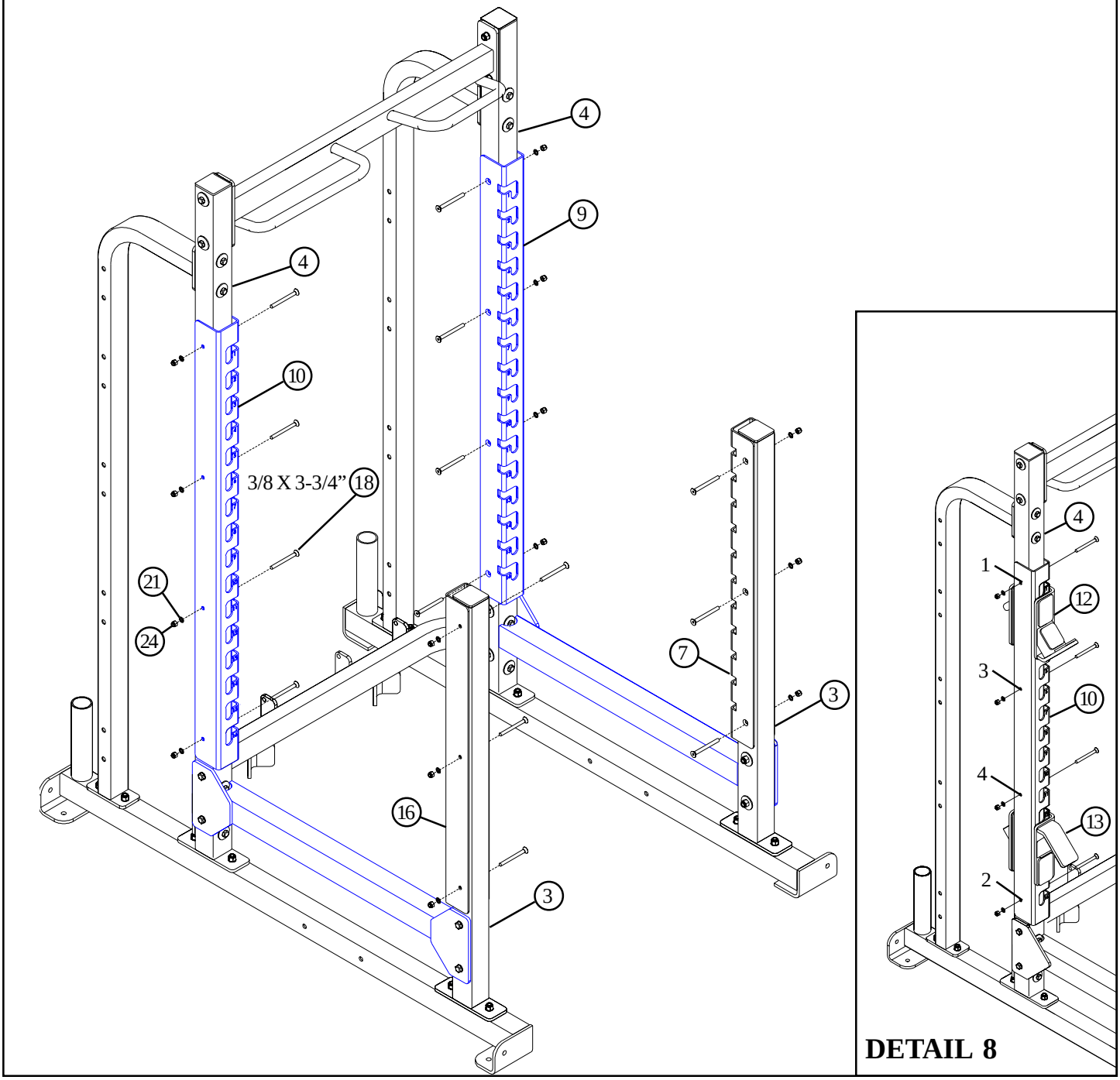
FIGURE 7



STEP 7:

- **Securely tighten all loose frame connections made to this point.**

FIGURE 8



DETAIL 8

STEP 8:

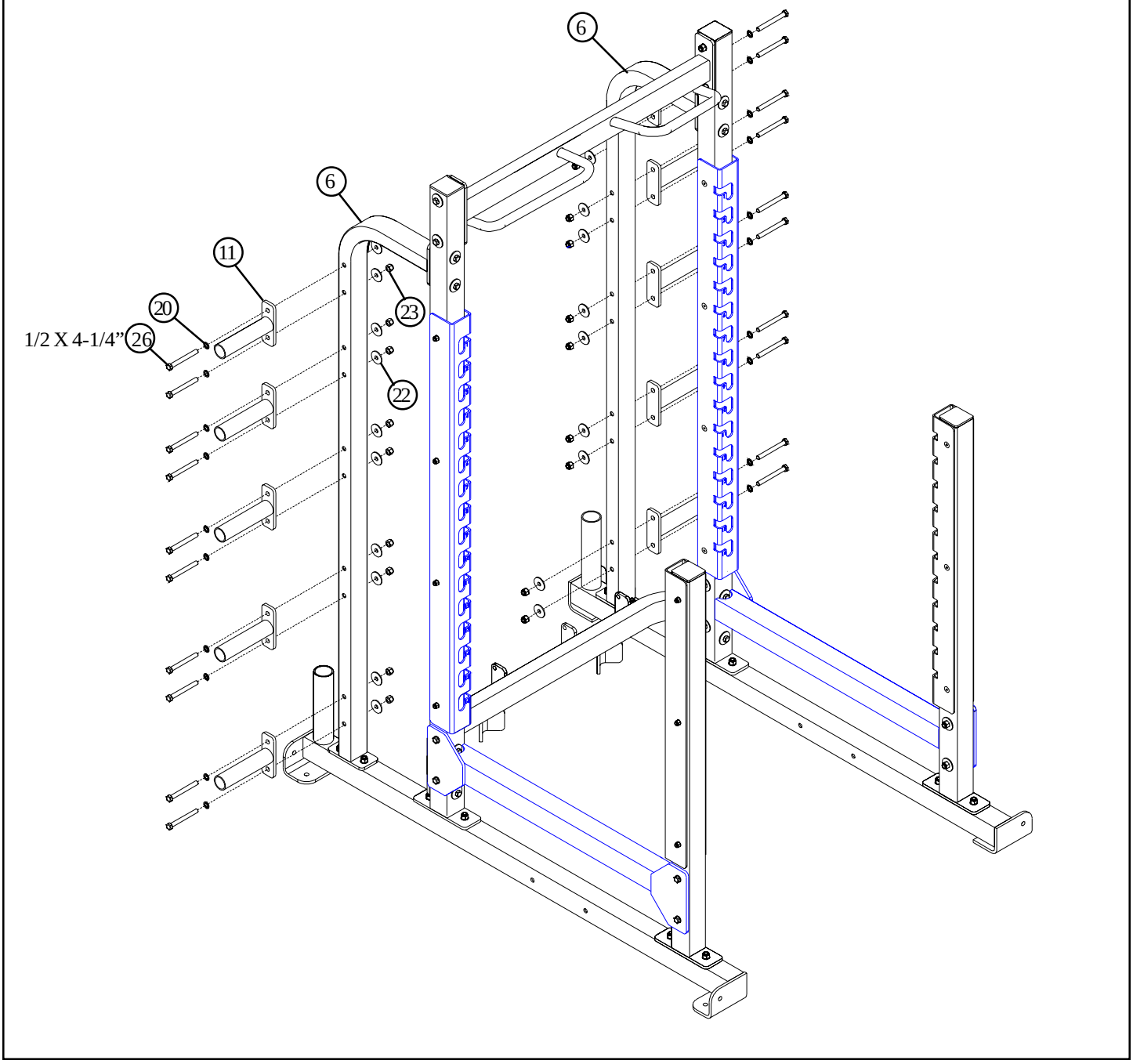
- **LOOSELY** assemble one RIGHT & one LEFT ADJUSTMENT RACK (9 & 10) to the REAR UPRIGHTS (4) as shown, using eight 3/8 X 3-3/4" FLAT HEAD BOLTS (18), eight 3/8" INT TOOTH LOCK WASHERS (21) and eight 3/8" LOCK NUTS (24). See FIGURE 8.

- **LOOSELY** assemble one RIGHT & one LEFT 42-1/4" ADJUSTMENT RACK (7 & 16) to the FRONT UPRIGHTS (3) as shown, using six 3/8 X 3-3/4" FLAT HEAD BOLTS (18), six 3/8" INT TOOTH LOCK WASHERS (21) and six 3/8" LOCK NUTS (24). See FIGURE 8.

SETTING ADJUSTMENT RACK WIDTH (SEE DETAIL 8)

- Before tightening the ADJUSTMENT RACKS (9 & 10) AND THE 42-1/4" ADJUSTMENT RACKS (7 & 16), slide the LEFT and RIGHT BAR SUPPORTS (12 & 13) over the ADJUSTMENT RACK and REAR UPRIGHT. Assemble one BAR SUPPORT close to the top and the other close to the bottom, as shown in DETAIL 8. (Make sure not to cover any bolt heads.) Proceed to tighten all four bolts in the order shown in DETAIL 8. Repeat this step on the remaining 42-1/4" ADJUSTMENT RACKS.

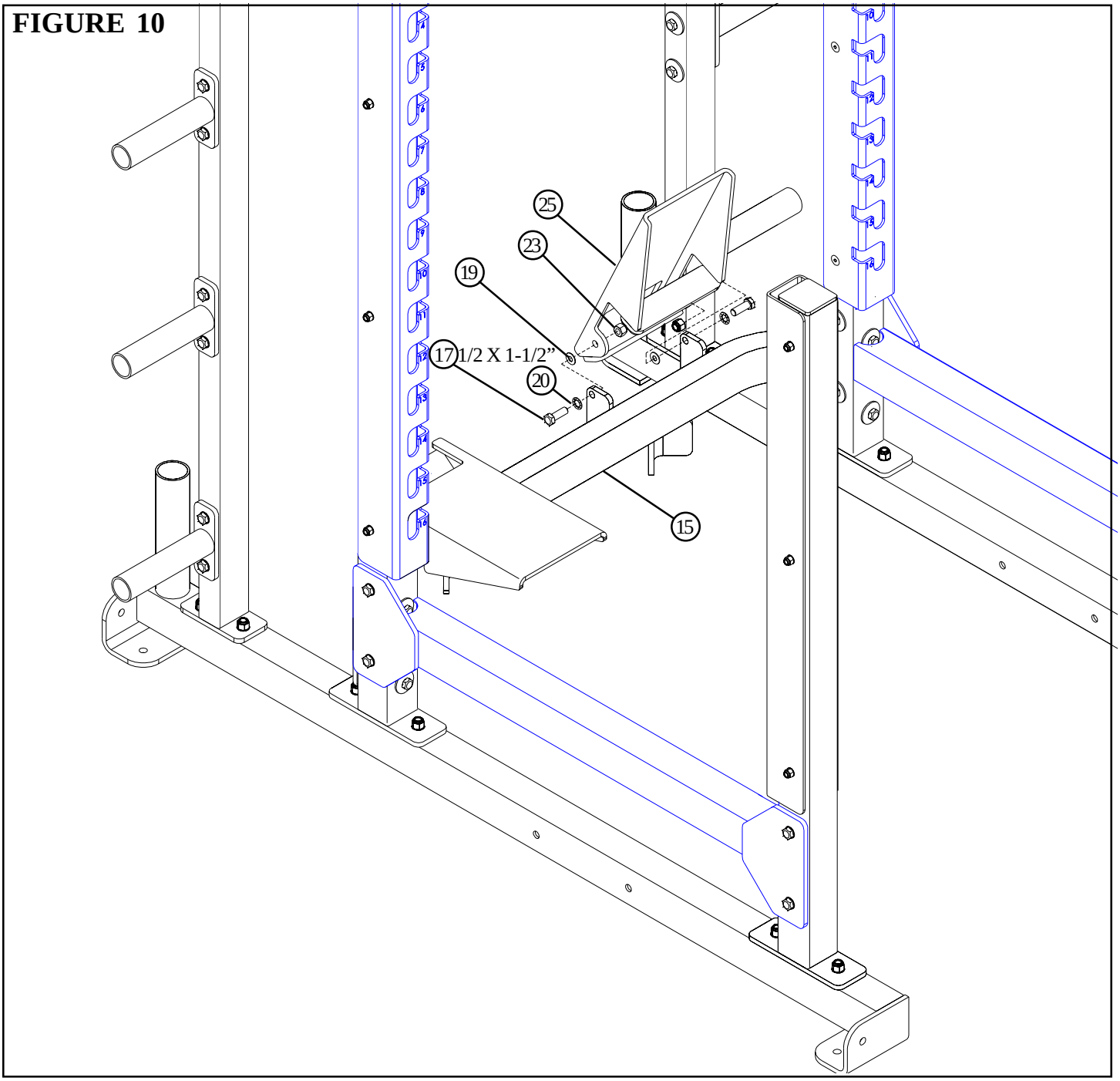
FIGURE 9



STEP 9:

- **SECURELY** assemble the ten WEIGHT HORNS (11) to the WEIGHT HORN UPRIGHTS (6) using twenty 1/2 X 4-1/4" BOLTS (26), twenty 1/2" INT TOOTH LOCK WASHERS (20), twenty 1/2" PLASTIC DOME WASHERS (22) and twenty 1/2" LOCK NUTS (23) as shown in FIGURE 9.

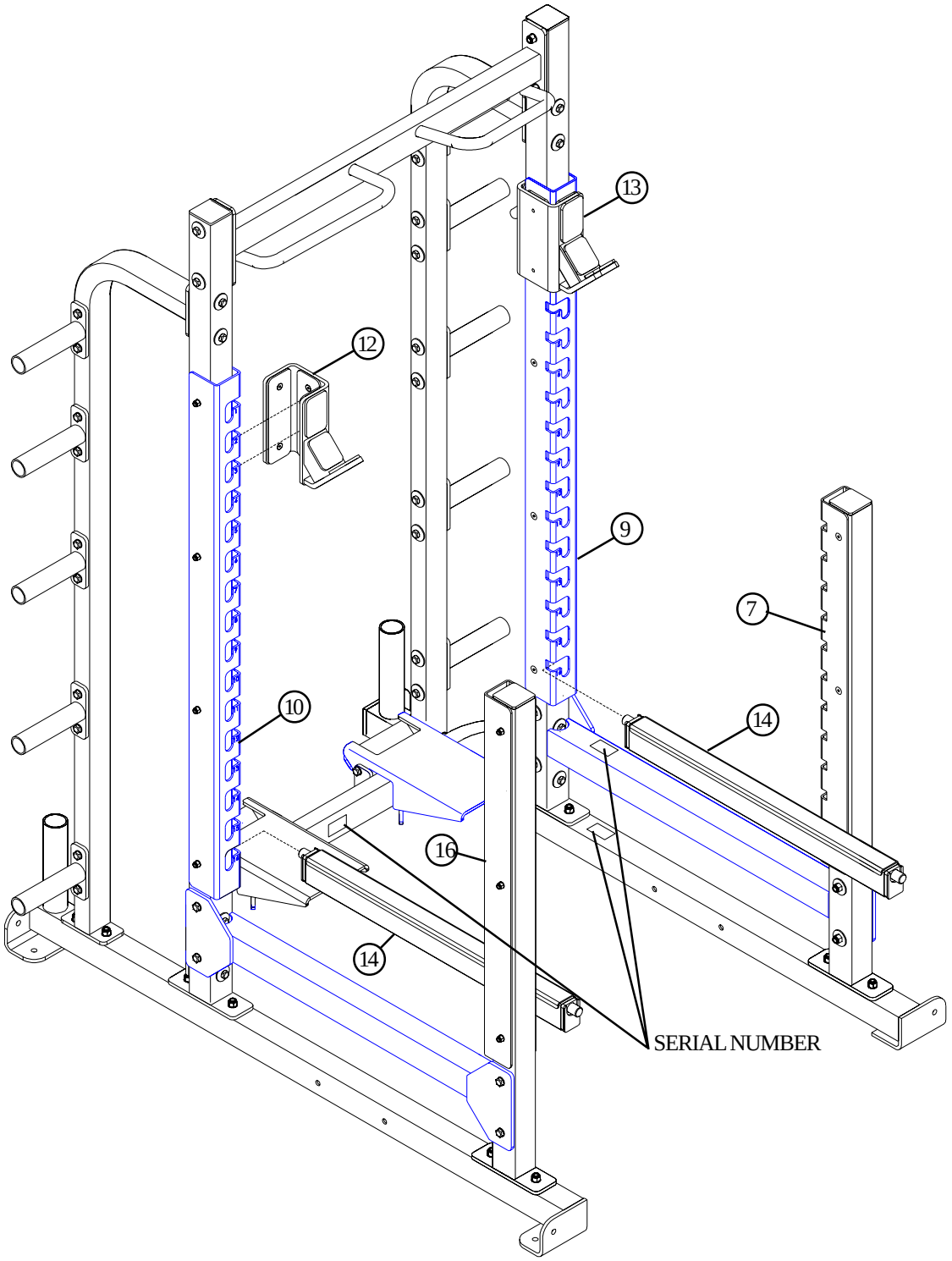
FIGURE 10



STEP 10:

- Assemble two SWIVEL SPOTTERS (25) to the BOTTOM UPRIGHT SUPPORT (15) as shown using four 1/2 X 1-1/2” BOLTS (17), four 1/2” INT TOOTH LOCK WASHERS (20), four 1/2” FLAT WASHERS (19) and four 1/2” LOCK NUTS (23). See FIGURE 10. **(NOTE: Tighten connection SECURELY then back nut off 1/2 turn.)**

FIGURE 11



STEP 11:

- Insert the LEFT BAR SUPPORT (12) into the desired slots of the LEFT ADJUSTMENT RACK (10), and allow it to drop down to lock in place. See FIGURE 11.
- Repeat the above step to assemble the RIGHT BAR SUPPORT (13) to the RIGHT ADJUSTMENT RACK (9).
- Insert the BAR CATCHES (14) into the desired slots on the LEFT & RIGHT ADJUSTMENT RACKS (10 & 9) and (16 &17), and allow it to drop down and lock into place. See FIGURE 11.

Thank you for purchasing the OLYMPIC HEAVY DUTY MULTI RACK. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	Upholstery and Any Items Not Specified

CONTACT INFORMATION

United States, Canada, Latin America	Europe, Africa, Middle East	Asia Pacific	United Kingdom
800.634.8637 847.288.3399	(+31) 180.646666	(+852)2891.6677	+44(0)1353.666017
	VISIT US AT: *HAMMERSTRENGTH.COM*		

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.